



MASTERS MATTERS

President's Message

By Lauri Gregg, CAN 258

Another windsurfing season has come to an end for most of us. Of course there will always be the lucky ones who find the opportunities to get to warmer climates during the winter months. There are also those who do ice surfing, and so the sport goes on all year round. For the CMWA, it's been a very successful summer season highlighted by clinics and get-togethers on Lake Simcoe, as well as an outstanding CMWA Championships event that was held in Dryden, Ontario. As always, CMWA members are focused on promoting windsurfing, and engaging youth, as well as advancing the sport. For me the most exciting development in windsurfing at this time is the evolution of the Kona fleet internationally. Like the original Windsurfer, it provides an affordable entry-level board for families and youth, as well as the opportunity to race in a one-design format. Several CMWA members have initiated an effort to create a masters Kona fleet. As firm believer in one design technical racing, I'm one. Already I'm dreaming about next year's sailing season – perfecting jibes in Bonaire; racing (perhaps a Kona) during the summer and sailing a very sweet 94 litre bump and jump board in Hatteras in the fall. Skiing may be fun but windsurfing is the one. See you on the water in 2011.

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Great Memories of the 2010 Canadian Masters Windsurfing Championships

By Andrée Gauthier & John Darling

The 2010 championships were held in the welcoming town of Dryden, Ontario, August 6-8 on beautiful Lake Wabigoon.

Driving the 20-hour road trip from Toronto, you may find yourself asking yourself why a race would be held in a Northern Ontario town of approximately 8,500 people.

However, upon our arrival in Dryden, it was very clear why such an event was held here and why it was such a huge success. The town welcomed the racers as if they were celebrities, and with the incredible enthusiasm of the event organizer **Brad (Woody) Woodworth** the town's support was outstanding. Both the mayor of Dryden, Ann Krassilowsky, and local MP, Greg Rickford,

and local MP, Greg Rickford, were present during the whole event and the media was everywhere. The Thunder Bay Chronical Journal ran stories and photos of the championships and local TV interviewed many sailors and organizers, including CMWA President Lauri Gregg.

What was amazing was how the people of Dryden came out to cheer us on. Over 200 crowded the bleachers at the park beach, with announcers describing the sport, the course and naming the leading competitors. Some 3,000 spectators circulated through the fairgrounds on the weekend, many of them witnessing a windsurfing event for the first time. Fantastic meals were provided by local restaurants



Andrée Gauthier in action.

invited to a beach party with live music and fireworks all in celebration of Dryden's 100th Birthday.

A total of 54 longboard racers made the journey for the 3-day Can-Am Championships, travelling up from the nearby States including Iowa and Indiana. Dryden's proximity to these States provided us with half the racers coming from over the border. Although this was a Masters event crowning champions 35, 45, 55 and over 65 years of age, both the Canadian and US teams included many youth and even children who displayed their racing skills to the spectators.

As expected, the August wind gods did not keep their end of the bargain for all three days. But the race committee was able to pull off



The crowd in Dryden.

7 races in northwest 15-19 knots on Friday and under 8 knots south winds on the weekend including a long-distance race. A big thank you goes out to Michael Fox from Iowa who ran competitive and challenging races, along with his race committee crew.

What separated this event from all other events in recent years was the innovative idea of a Can-Am challenge. Out of my 20 years or so of racing experience, I think this team approach to racing added a new dimension to the event. The scores of the top 5 Canadians and Americans

were added to determine which team won. My regular competitors ended up being my teammates. It was wonderful to encourage the people I race with on a regular basis and to be made aware of their performances during the racing. The competition was fierce and by the end of the event, the Americans won the challenge and a \$2,010 cash prize, with hearty congratulations from the Canadian Team, who is anxious to get revenge at the next Can-Am!

The Canadian Masters Windsurfing Association's

mission is to build the sport of windsurfing. Such events focus on racing for all ages and levels in an enjoyable environment. This small Northern town hosted a world class event and the 20 hour drive into deep moose country was well worth it!

(The Dryden Northwest Ontario Windsurfing Club holds its regular Moose Regatta on the July 1 weekend and everyone is welcome.

Information at

www.windsurfwoody.ca

and

www.ExperienceDryden.ca



Lauri Gregg, President of the CMWA.



*Brad "Woody" Woodworth,
organizer extraordinaire!*

News from the US Contingent to Dryden

FOR IMMEDIATE RELEASE - Dryden, ONTARIO - August 12th, 2010

This past weekend, 65 Canadian and American competitors traveled to the waters of Lake Wabigoon near Dryden, Ontario, to compete in the 2010 Canadian Masters, a national windsurfing regatta. With winds consisting from light to none, the racers competed in 9 races with nearly 3,000 spectators watching from shore. The weekend was a hit with great entertainment and fun parties allowing locals and competitors to mix it up a bit at the "No shirt, no shoes, no problem dude" Surfers' Dance.

"All of the competitors were very impressed with Dryden as a host community. Dryden should be extremely proud of how it was able to coordinate its volunteers, sponsors and City departments", stated Brad Woodworth, the busiest man at the regatta who organized and competed in Dryden.

The competitors received awards in both their age divisions as well as an overall scoring system with local windsurf shop owner Kevin Gratton winning Grand Master in his division while his brother Andy Gratton of Oshkosh placed first in the Masters' division. Andy also placed first in the entire regatta after a close tie with Nick Cox of Ottawa (Canada) allowing him to bring home his first National Windsurfing title.

Congratulations goes out to TEAM USA who won the CAN-AM competition by a mere 16 points; USA 1,070 versus CANADA 1,054 points. The winner was determined by combining points awarded to the top five competitors of each country; Andy Gratton of Oshkosh (1st), Tim Cleary of Pewaukee (4th), Jeff Adamski of Minnesota (6th), Kevin Gratton of Fond du lac (7th), and young Magnus Zaunmueller of Beaver Dam (8th) got to split the cash prize of \$2010.

Other notables from the area were Don Altmeyer and Jennifer Wettstein of Fond du lac, the Barhouse Family of Oshkosh, and the Magnuson family of Beaver Dam; from other states were the Johnson Family, Randy Moon, Larry Miller, and Peter Hartwich of Minnesota; Steve Callaway, Barry Tofteland, Delburn Carpenter, Randy Howell, Larry Reed, and Igor Tereshchenko of Iowa; Mike Reed of Illinois; and Niles Book of Michigan.

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featured on page 12.**

CMWA FALL WRAP-UP & WOMEN'S/YOUTH CLINIC

By Stephanie Todd, Social/Women's Director

We had a full house this year with returning veterans like John Darling, Mike Tindall, Bob Sorenson and Graham Earle. Our age spread was 15 to 75+. It was great to see how the kids mingled with the big kids! Those who arrived early enough on Friday got some good sailing in. We had our usual hors d'oeuvres of smoked salmon along with Barry's taco dip and then topped off with homemade pizzas served up by our master pizza chef, Adam.

This year at the wrap-up we invited the youth to join us as the numbers were somewhat low for the Women's clinic. Andrée Gauthier, our head coach, did an excellent job of keeping everyone occupied during the day on Saturday even though the winds were light. Joyce had the opportunity to watch the Dasher video on jibing and pick up some key tips she can practise when she gets out in bigger winds. Jane, our newcomer but not new to the sport, brought her old windsurfer freestyle board and after a short dry land practice she went out on the water and was having no problems sailing. In the afternoon Adam and I managed to get his girlfriend out at least up hauling. If she'd had a wetsuit, I think she would have managed to get the board underway.

The rest of the group was out finding the wind far off shore...Bob, Nick, Mike T, Lauri and a few other brave souls. Bob Sorenson tested out his two new knees and they worked well! The nice thing was the temperatures were warm so

the water was pleasant as well. Lunch was provided with homemade soup along with cold cuts, healthy bread and buns as well as fresh fruit for dessert. It is always fun to enjoy the camaraderie at this time of year in the white cottage. After a little rest period we all headed out on the water. We did one rescue and thanks to Adam and John for rescuing Jane. Jane didn't know that you get more than windsurfing lessons at these clinics. She is a very proficient paddler!

Caroline, our personal trainer, provided us with information, entertainment and toys to play on. As you can see from some of the pictures, there was some real playing going on!! The evening wrapped up with smoked salmon and our fantastic potluck dinner. Chief Chef's on the barbecue did a fantastic job as usual. I topped it all off with prizes from NeilPryde and Silent Sports.

Sunday brought rain then sunshine but no wind to speak of. Barry, Mike and Graham, along with Adam, went out to try to find some wind. Packing started just before lunch and the remainder of us packed up later. Bob, Nick and I finished off the day with a beer on the porch as it started to rain just as we were about to sit on the dock and enjoy the last of this fantastically successful weekend.

For those who missed this, be prepared to sign up early for next year's events. The plan is to do a Youth Clinic along with the Spring Get-Together (May 27-29th). Then there is the Spring Women's Clinic (June 17-19th) and the Wrap-Up (Sept. 9-11th) along with a combined one day Women and Youth clinic (Sept. 10th). For information check the web www.windsurf.ca click on events tab on top.

Pictures from the Fall Wrap-Up



Clockwise from top left: our president, Lauri Gregg with onlookers; Andrée Gauthier demonstrating to Caroline how to uphaul; Artem juggling; our own John Darling aka JD; Bob Shuttleworth trying the beer in hand one legged stance; Jane on an old Windsurfer!

Kona One Design News

The Kona Concept

by Andrée Gauthier

I had the opportunity to attend the Kona Worlds in Miami from November 2 to 7, 2010. This was a race where everyone is on the same board with the same sail design. It is considered one design racing and is well established in Sweden. The competitors ranged in ability from expert racers to entry-level first time competitors. People of all ages raced together on the same equipment. Joachim Larsson of Sweden who is the driving force of Kona One Design boardsailing was kind enough to share his experiences and views with me.

What Kona signifies is Fun, Family and Fair racing. This was very evident during the event. Siblings were racing against other siblings and their parents. After the races, people had great discussions about the race itself and not about the equipment or poor choice of equipment. The heavy weight competitors were just as competitive against the lighter competitors because of the allowance for larger sail size based on a person's weight. The equipment is not complicated. There is no adjustable mast track, no cambered sails, no downhaul or outhaul systems and competitors are not allowed to pump. The racing was all about making no mistakes and was based on pure strategy and tactics.

Because of the "Kona Concept" introduced to me, I am very interested in starting a fleet here in Ontario, Quebec and hopefully Canada. Brad Woodworth of Northern Ontario and Dominique Vallée of Quebec have agreed to help. If you need to know more about Kona One Design go to www.kona-windsurfing.com. There is a forum where you can ask others questions. There are also brief videos summarizing the recent Worlds.

Joachim Larsson's vision is to create an International Kona School where people learn on this board and develop their skills on the board they learned on. My vision is to start our youth on this board or get them on to it after they grow out of the Bic 293. If they want to race RS:X then they will be able to attend some of the larger Kona events by leasing a board. Racers who do not like the equipment wars or who do not want to pump around a racecourse may also want to consider this fleet.

What the Kona Worlds has done was to introduce me to a racing class that is enjoyed by the whole family, the occasional racer, the entry-level racer and the Olympic level competitor.

If you are interested in the Kona One Design, please contact me at andree.gauthier@rogers.com. I would like to arrange a group purchase of the boards used at the Worlds in order to get a fleet price and more people on the board to start a fleet.

Kona North American Championships – March 3-6, 2011 – <http://calema.com/events/calema-midwinters-2010/>

Kona Bites at Kona Worlds

by Denis Dagenais

Early November I travelled with Toronto area sailboard racers Andrée Gauthier and John Darling to the Kona Worlds One Design in Miami South-Beach.

This was my second Kona Worlds since I had raced in Sweden last year for this event.

I fully endorse racing under a One Design format. But three years ago when I purchased my Kona One Design this was not for racing, but to refresh/upgrade my access to a longboard and I found the Kona concept on the Internet. But owning this Kona got me back into racing after finding that the Britannia Yacht Club in Ottawa had racing nights during the week.

Miami Yacht Club ran and organized this international Kona event, and hats off to them.

Racing on the ocean, and challenged both by the waves and strong winds, took me and many sailboarders out of our comfort zone of racing on lakes or rivers. I must say I was impressed by how the leaders of the races took on this wind with such ability.

This Miami sailboarding event also included another component. The Windsurfer One Design was the alternate class offering a Slalom and Freestyle event. Boards and sails from Australia were provided thru Ted Schweitzer (USA). There was no doubt that I would be competing in both these events.

I was happy to find out in the last month that a new good friend of mine, Pierre Coupal, would drive down just for the Freestyle event. Pierre is very skilled in this type of sailboarding.

During the slalom event the wind had died down just into the final heat. But then mother nature decided to crank up the wind for the freestyle. This was very challenging. I was more than pleased with my three minutes freestyle routine. Pierre did well as he needed to deal with the strongest gusts of all.

To Andrée and John: J'ai beaucoup aimé mon voyage de planche avec vous. Nous étions un bon trio canadien. J'ose espérer que la classe Kona pourra trouver un début plein de succès à votre club à Toronto. Surely the next time we share a room it will be an upgrade scenario (ah ha). Or on any of our room bookings, we will be asking for a balcony to dry our stuff. Not sure how long the smell of neoprene will stay in that bathroom after our stay in Miami.

On the Monday, as many were leaving the hotels, I bumped into some Swedish racers. We looked at hand blisters and I commented by saying we all had the same Tattoo in the palm of our hands. I was corrected by a young Swedish teen that told me: NO they are the KONA BITES.

My First World Championship

by Brad "Woody" Woodworth

Travelling to the Kona Worlds at Miami Beach Florida in November was a treat for us Northerners from Ontario. With forecasts of +28C for most days we were stoked to get out in the bathtub warm water of Miami Beach. Upon arriving to the event site, we offered our help in good ol' Canadian fashion to unpack the 65 new Kona boards wrapped in bubble wrap and rigs as well. We had a chance to meet a few people in the process of the unpacking so it was a great way to start the event.

Our practice day on Tuesday saw a fairly heavy breeze blow and the seas were a little rough. Being an inland lake sailor, the ocean terrain is vastly different in 20+ knots than our hometown lake. I didn't stay out too long before I called it a day to save myself for race day.

Day 1 of racing saw big seas with swells in the 2-3 m range and winds of 20+ knots for the most part. And with onshore winds, just getting through the shore break was challenging by itself. The lasting image I have from the regatta was before Race 1 trying to get steadied at the line close to the committee boat. Watching all the sailors moving up and down in the big swell, and some of the top sailors in the country like Dominique Vallée move back and forth like she was on flat water was amazing. I was barely able to keep myself together for the start. The race was very physical and you really had to plan your tacks with the angle to waves. I fell in a couple of times during that first race and had exhausted myself by the time the race was completed. Race 2 was even stronger winds and I had pulled myself out half way through the race due to the extreme conditions. Same thing for race 3 so I was off to a very bad start with 2 DNF's in the first 3 races. My mental strategy to the regatta was shattered after that humbling first day of racing.

Day 2 had lighter side offshore breeze in the 10-15 knot range that provided all classes to participate. Most everyone had completed the 4 races this day so many more smiling faces at night for sure!

Day 3 winds shifted 90 degrees with steady side off shore breeze that built up in the 25+ knot range by race time. The ocean wasn't as big as Day 1, but trying to handle a 9 m sail in over 25 knots was very, very difficult. I didn't finish any of the 3 races held this day. Very deflating to bring in 3 more DNF's to my mental game. I was learning ocean sailing in extreme wind was something I needed to train in to improve my chances at finishes.

Day 4 of racing saw conditions similar to Day 3 and we had 2 races to get in the maximum number of 12 races. I finished the first race completely exhausted, so I headed in earlier to de-rig my equipment for check-in.

South Beach Miami is a fabulous place to enjoy some great food and entertainment at all hours of the day and night. I was very happy to spend this week with great friends new and old from across the globe. I also very much enjoyed Kona Class racing, and think this One Design Class has a very promising future based on what we all experienced at the World Championships.

My first World Championship was a very rewarding experience. I look forward to attend more Kona Class events in the future and help promote and grow the class across the country.



Denis free-styling above and the Kona fleet below.



Andrée ready for action.



Brad enjoying his Kona!



Three Konadians!



John Darling was there too!

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Upcoming Events 2011

May 27-29 – **CMWA Spring Get-Together**, Port Bolster, Ont., Stephanie Todd,
surfit@sympatico.ca or 905-953-8331.

June 17-19 – **CMWA Women's Clinic**, Port Bolster, Ont., Stephanie Todd,
surfit@sympatico.ca or 905-953-8331.

July 30-August 1 – **CMWA Championships**, Britannia Yacht Club, Ottawa, Suzanne
 Roberge, 613-225-4216 or roberge811@sympatico.ca.

September 9-11 – **CMWA Fall Wrap-up/Women's Clinic**, Port Bolster, Ont., Stephanie Todd,
surfit@sympatico.ca or 905-953-8331.

How to Reach Us

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Or contact any member of the Board.

The next newsletter should be published in the spring 2011. We welcome all contributions. Please e-mail your articles and pertinent pictures to roberge811@sympatico.ca.



Generous sponsors for the Dryden CMWA Championships

